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(54) METHOD OF TREATMENT OF ALLERGODERMATOSES IN CHILDREN

(57) The invention relates to medicine, specifically pediatrics, allergology and dietary cure.

Object – to reduce the time of treatment and elongation of remission of a disease, for which purpose koumiss is administered in the presence of hypoallergen diet, 25 ml/kg of a body weight, twice a day, one tablet.

The invention relates to medicine, particularly pediatrics, allergology, and dietary cure.

An object of invention – reduction of the time of treatment and lengthening of remission of a disease.

Said object is achieved owing to the fact that according to a method of the dietary cure of allergodermatoses, in the presence of a hypoallergen diet, koumiss is administered to children twice a day as a lunch and in the afternoon, 25.0 ml per kg of a body weight daily. A

ration is devoid of other milk products. Conventional symptomatic and local treatment of diseases is carried out along with said dietary cure.

Example 1. Patient G., aged 10; diagnosis: neurodermit. Limited form. Average severity course. Coli-disbacteriosis, II Degree.

Since the age of two months, the child has shown symptoms of exudative – catarrhal diathesis associated with a change-over to artificial bringing-up. Child's eczema developed afterwards that transformed into neurodermit. A specific feature of family history is allergization: in the grandmother, mother's line—obesity, bronchal asthma; pollinosis – in the mother. Reactions of enhanced sensitivity were observed in the child to some food products (citrus fruit, chocolate, carrots, tomatoes). Observed by an allergist, underwent treatment in hospital many a time. On examination, inflammatory changes observed in the area of bends of the upper and lower limbs on the skin in the form of incrustated plaques on an infiltrated base. Itching. Hemogram: zozinophilia about 10%. According to PRIST data the total IgE level is 600 Ki/ml; sensitization to a chick egg white revealed. Using a method of degranulation of fatty cells sensitization observed to cow milk chick egg albumins. A course of dietary cure carried out by the method proposed. The result: a rapid, marked improvement of general conditions. Regression of skin inflammatory symptoms since the fifth day of treatment, their complete disappearance on the 25<sup>th</sup> day of the start of treatment. Hemogram: a reduced amount of zozinophils. Dung assay: the improved picture of a microbiocenosis of the intestines. Positive dynamics according to PRIST and RAST data and fatty cells degranulation. The child gained 400.0 g in weight over a period of treatment. Released with complete remission.

Example 2. Patient A. Aged 6 years. Diagnosis: neurodermit. Common form. Critically ill. Period of exacerbation. Disbacteriosis, fungous, II Degree. Suffers from child's eczeme since the age of two years that transformed into neurodermit. Family history burdened by allergologic diseases: mother's line—medicamental allergy in the uncle.

On inspection, a cutaneous process is of a common nature, alterations on the skin and in the form of grouped papule plaques localized in the area of the neck, the chest, bends of the upper and lower limbs against an infiltrated background. Zones of lichenification, desquamation, cracks, combing. Hemogram: zozinophilia about 8%. On examination of excrements for disbacteriosis, fungous coli-bacteriosis, II Degree, detected due to the presence of fungi of the genus *Misoch*, absence of lactobacilli in a  $10^{-3}$  titer. According to PRIST, the total IgE is 1000 Ki/ml. According to RAST, sensitization was revealed to a cow milk albumin, according to degranulation of fat cells – to cow milk/chicken egg albumins. A course of dietary cure was carried out according to the claimed method. The result: rapid regression of skin alterations in killing zones with the complete remedy of inflammatory symptoms, improvement of general conditions. Hemogram: a reduced amount of zozinophils. Examination of excrements: the reduced intensity of a disbacteriosis of the intestines transformed from II Degree into I Degree because of the appearance of lactobacilli in a  $10^{-1}$  titer, disappearance of fungi of the genus *Misoch*. As a result of a course of dietary cure under the method proposed a clear-cut dynamics of indices was observed to characterize the level of sensitization according to the method of degranulation of fatty cells and the PRIST. The child released on the 26<sup>th</sup> day in a state of complete clinic convalescence.

The method was tested in the Kazakh Research Institute of Pediatrics on 40 children having allergodermatoses.

The method is carried out in the following fashion.

The dietetic product used is represented by koumiss administered twice a day during a lunch and in the afternoon, 25.0 ml per kg of a body weight daily. Dietary cure is carried out in the presence of a hypoallergen diet, with milk products eliminated from the ration. The entire course of treatment 20-25 days. Said dietary cure is carried out concurrently with common symptomatic and local treatment. The result: improvement of general conditions and state of health, regression of skin inflammatory symptoms on the 5<sup>th</sup> – 7<sup>th</sup> day of

hospitalization, their complete disappearance on the 24<sup>th</sup> day. Hemogram: a reduced amount of zozinophils. Dung assay: an improved picture of microbiocenosis of the intestines, an increased body weight. Patients stay in hospital on the average 24 days. Positive dynamics is likewise observed according to PRIST and RAST data, degranulation of fatty cells, which fact affirms sensitization.

Realization of dietary cure effects is observed in periods markedly earlier than said dietary cure using a lactic acid product "Baldyrgan". Remission extends. (Cf. Table).

In the format of the method as proposed, koumiss produces comprehensive effects on a patient's organism:

elimination of cause-significant antigens because sensitization to cow milk albumins occurs most frequently;

normalizing effects on a microbiocenosis of the intestines due to the antibiotic properties, because in the overwhelming majority of patients there is observed a disbacteriosis of the intestines and the synthesis of vitamins is disturbed by the intestinal microflora;

owing to the fact that koumiss has a full value amino acid formulation and said koumiss albumins are represented by generally a readily available albumin fraction said koumiss makes good an albumin loss quite well that occurs in connection with a cutaneous and inflammatory process (festering, desquamation);

on account of the sedative effect of koumiss, patients' sleep becomes more sound, skin intense itching abates, and high nerve excitability is relieved.

Thus, the method of dietary cure as proposed is more effective than the conventional, which fact is attributable to pathogenetic adequacy of a diet for children who suffer from the cutaneous forms of allergic diseases.

## CLAIMS

A method of dietary cure of allergodermatoses in children comprising administering lactic acid products, characterized in that the reduce the time of treatment and lengthen the remission of a disease, use is made of koumiss on the basis of 25 ml/kg of a body weight twice a day.

Dynamics of clinical manifestations  
in patients suffering from allergodermatosis  
in the presence of various diets

Group	Number	Improvement of general condition and state of health, days, from start of treatment	Regression of inflammatory process on skin, days from start of treatment	Time of treatment days	Duration of remission, months
"Baldyrgan" diet (known method)	98	$11 \pm 0.3$	$32.1 \pm 2.17$	$40 \pm 1.0$	$20 \pm 2.1$
Koumiss diet (proposed method)	40	$6 \pm 0.19$ $p \leq 0.01$	$26 \pm 1.31$ $p \leq 0.01$	$27 \pm 1.9$ $p \leq 0.01$	$28 \pm 2.3$ $p \leq 0.01$

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